CASCO BAY BRANCH - POOL SCHEDULE

Weekly Schedule / **November 16-22, 2026** / **Contact:** Grace Rocheleau - grocheleau@ymcaofsouthernmaine.org

BRANCH HOURS
Monday - Friday: 6:00am - 8:00pm
Saturday: 8:00am - 4:00pm
Sunday: 9:00am - 2:00pm

	Monday 11/16	TUESDAY 11/17	WEDNESDAY 11/18	THURSDAY 11/19	FRIDAY 11/20	SATURDAY 11/21	SUNDAY 11/22
Lap Lanes Large Pool	**6:00am - 9:00am** 8 Lap Lanes	**6:00am - 9:00am** 8 Lap Lanes	**6:00am - 9:00am** 8 Lap Lanes	**6:00am - 9:00am** 8 Lap Lanes	**6:00am - 8:30am** 8 Lap Lanes	**12:00pm - 3:45pm** 8 Lap Lanes	**9:00am - 1:45pm** 8 Lap Lanes
	9:00am - 10:00am 5 Lap Lanes	**9:00am - 10:00am** 5 Lap Lanes	**9:00am - 10:00am** 5 Lap Lanes	**9:00am - 10:00am** 5 Lap Lanes	**4:00pm - 7:45pm** 8 Lap Lanes		
	10:00am - 12:00pm 8 Lap Lanes	**4:00pm - 5:00pm** 6 Lap Lanes	**10:00am - 12:00pm** 8 Lap Lanes	**10:00am - 2:00pm** 8 Lap Lanes			
	12:00pm - 1:30pm 5 Lap Lanes	**6:00pm - 7:00pm** 6 Lap Lanes	**12:00pm - 1:30pm** 5 Lap Lanes				
	5:00pm - 6:00pm 5 Lap Lanes	**7:00pm - 7:45pm** 8 Lap Lanes	**4:00pm - 5:00pm** 6 Lap Lanes				
	6:00pm - 7:00pm 6 Lap Lanes		**5:00pm - 6:00pm** 8 Lap Lanes				
	7:00pm - 7:45pm 8 Lap Lanes		**6:00pm - 7:00pm** 6 Lap Lanes				
			7:00pm - 7:45pm 8 Lap Lanes				

	Monday 11/16	TUESDAY 11/17	WEDNESDAY 11/18	THURSDAY 11/19	FRIDAY 11/20	SATURDAY 11/21	SUNDAY 11/22
Open Swim Small Pool	**6:00am - 8:30am**	**6:00am - 9:00am**	**6:00am - 10:00am**	**6:00am - 10:00am**	**6:00am - 8:00am**	**12:00pm - 3:45pm**	**9:00am - 1:45pm**
	9:00am - 10:00am	**11:00am - 12:00pm**	**11:00am - 12:00pm**	**11:00am - 12:00pm**			
	11:00am - 12:00pm	**7:15pm - 7:45pm**	**7:00pm - 7:45pm** (Shallow End Only)				
	6:00pm - 7:15pm (Deep End Only)						
	7:15pm - 7:45pm						

	Monday 11/16	TUESDAY 11/17	WEDNESDAY 11/18	THURSDAY 11/19	FRIDAY 11/20	SATURDAY 11/21	SUNDAY 11/22
Aquatics Programs [Large OR Small Pool]	**9:00am-10:00am** Aqua Aerobics (Large Pool)	**9:00am-10:00am** Aqua Aerobics (Large Pool)	**9:00am-10:00am** Aqua Aerobics (Large Pool)	**9:00am-10:00am** Aqua Aerobics (Large Pool)	**8:00am - 9:00am** Water Tai Chi (Small Pool)		
	10:00am - 11:00am Aqua Arthritis (Small Pool)	**10:00am - 11:00am** Aqua Arthritis (Small Pool)	**10:00am - 11:00am** Aqua Arthritis (Small Pool)	**10:00am - 11:00am** Aqua Arthritis (Small Pool)			
	12:00pm-1:15pm Masters Swim (Large Pool)	**4:00pm - 7:15pm** Swim Lessons (Small Pool)	**12:00pm - 1:15pm** Masters Swim (Large Pool)				
	4:00pm - 7:15pm Swim Lessons (Small Pool)	**4:00pm - 7:00pm** Swim Lessons (Large Pool)	**4:00pm - 7:00pm** Swim Lessons (Large Pool)				
	5:00pm - 6:00pm Swim Club (Large Pool)	**5:00pm - 6:00pm** Swim Club (Large Pool)	**4:00pm - 7:45pm** Swim Lessons (Small Pool)				
	6:00pm - 7:00pm Swim Lessons (Large Pool)	**5:00pm - 6:00pm** Aqua Aerobics (Large Pool)					